

## *Stuffed Hot Peppers over Angel Hair Pasta*

### Ingredients:

- 8 Hot Peppers
- 1 Egg
- 4 oz Italian Bread Crumbs
- 1 lb Italian Sausage
- ½ cup Fresh Basil (chopped)
- 1 Medium Onion (diced)
- 16 oz Mozzarella Cheese shredded
- ½ lb Angel Hair Pasta
- 1 Jar Spaghetti Sauce



Cut the stems of the peppers off and then lengthwise and clean them out.

In a bowl, mix the egg, sausage, ¼ cup of the fresh basil, diced onion, and 4 oz of Mozzarella cheese. Take the stuffing and add about 1 ¼ oz of it in each ½ pepper. In a baking dish, place ½ of the jar of sauce. Start to lay the peppers in the baking dish, meat side up. Bake for 25 minutes at 375 degrees.

Start your Angel Hair according to directions on box.

Add the remainder of the cheese and sauce to the top of the peppers and bake 5 more minutes. Let sit for 5 minutes.

Take some of the sauce and toss the pasta in it to coat evenly. Plate the pasta. Top it off with the hot peppers and garnish with ¼ cup of left over fresh basil.

*If you prefer to use these as a hot pepper appetizer, you can do that as well. I have even taken extremely hot peppers and dice them up, add them to your sausage mixture, making a “Five Alarm Stuffed Pepper”. With your Hot Peppers and the following types, you have 5 different peppers.*

### **Use the following peppers:**

- 1 - Haberno Pepper (ranks a 9 on the Scoville Chart)**
- 1 - Chile Pepper (ranks a 6 on the Scoville Chart)**
- 1 - Jalapeno Pepper (ranks a 4 on the Scoville Chart)**
- 2 - Thai Peppers Red & Green (ranks an 8 on the Scoville Chart)**

**Note: Be very careful what you touch when working with hot peppers.**

Great Eats!

Mike Popella

Here is the Scoville Chile Heat Chart listed at <http://homecooking.about.com>

<b>Scoville Chile Heat Chart</b>		
<b>Variety</b>	<b>Rating</b>	<b>Heat Level</b>
Sweet Bells; Sweet Banana; and Pimento	0	Negligible Scoville Units
Mexi-Bells; Cherry; New Mexica; New Mexico; Anaheim; Big Jim	1	100-1,000 Scoville Units
Ancho; Pasilla; Espanola; Anaheim	2	1,000 - 1,500 Scoville Units
Sandia; Cascabel	3	1,500 - 2,500 Scoville Units
Jalapeno; Mirasol; Chipotle; Poblano	4	2,500 - 5,000 Scoville Units
Yellow Wax; Serrano	5	5,000 - 15,000 Scoville Units
Chile De Arbol	6	15,000 - 30,000 Scoville Units
Aji; Cayenne; Tabasco; Piquin	7	30,000 - 50,000 Scoville Units
Santaka; Chiltecpin; Thai	8	50,000 - 100,000 Scoville Units
Habanero; Scotch Bonnet	9	100,000 - 350,000 Scoville Units
Red Savina Habanero; Indian Tezpur	10	350-855,000 Scoville Units

